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MENTAL ADVENTURING

A radio talk by Ella Gardner, Extension Service broadcast Wednesday, May 6, 1936, in the Department of Agriculture period, National Farm and Home Hour transmitted NBC and a network of 51 affiliated radio stations.

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Last month I discussed with you very briefly the plans that some farm families have made in order to find time and opportunity for enjoyable spare time activities. Today I should like to report to you a few of the special interests pursued by farm women.

Have you ever observed that mothers and fathers often seem to think that they are made and finished and that all of their future effort must be spent upon their children? I want to share with you a few tales about women who are not deluding themselves in this fashion.

One of the strong demands that has been made upon home demonstration workers in recent years is for suggestions for what I like to think of as mental adventuring,--study courses, help with special interests, training in hand and mind skills.

Women give various reasons for wanting information of this sort. One woman said, "Of course, I want to be interesting to my husband and my children but beyond that, I don't want to bore myself so, before I'm old, I'm going to stock up with interesting thoughts and the ability to do one or two things besides housework." Rebecca McCann gave her Cheerful Cherub a similar philosophy. You remember one of her verses says:

"Although old age is creeping on
To all its troubles I'm resigned.
My joints may stiffen
But I'll not have rheumatism
In my mind."

Studies have shown that the farm homemaker works about nine hours every day in the week. This presumably allows three or four hours a day of free time but actually the demands are so great upon the time of a person who while she is a worker is also the mother of children who run in and out demanding attention, and the assistant and guide of a husband who may call upon her for help or advice thruout the day, that she is not likely to be able to count upon so much time daily nor is she likely to find herself free for uninterrupted periods unless she goes away from home. With efficient methods and planning, however, she may save from two to four hours daily for her own use, especially during certain seasons of the year.

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